

23USMB23 — NUTRITION AND HEALTH HYGIENE

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.



1. What is nutrition?
2. Write the composition of Balanced diet.
3. What is chlosterium?
4. What is energy requirement for old age people?
5. Define malnutrition.
6. What is anaemia?
7. Define Health.
8. Name health organization.
9. How you explain WASH?
10. Define hygiene.

SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Explain importance of Carbohydrates.

Or

(b) List the sources of Iron and Zinc.

12. (a) Plan a dietary chart for adolescent.

Or

(b) What are the diets to be followed for pregnant women?

13. (a) Explain the causes of Diabetes.

Or

(b) List the effects of hypertension.

14. (a) Comment on key health indicators.

Or

(b) Discuss on public health.

15. (a) Outline the importance of village health sanitation.

Or

(b) Explain about personal hygiene.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Discuss about macro and micro nutrients.

17. Elaborate on the nutrition for Infancy.

18. Explain about the causes and consequences of obesity.

19. Explain principle and strategies of health education.

20. Describe different types of hygiene and its importance.

